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Pelham NEWS

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■ INSIDE**CO-OP PROGRAMS GROW**

Co-operative education programs are growing in south Niagara high schools as students learn how to work in companies to get internships, apprenticeships, post-secondary school programs and immediately available jobs. E.L. Crossley, Centennial and Eastdale secondary schools thanked employers who provide workplace opportunities at a reception last week.

See Page 6

See Inside:
INSERTS
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BIRTHDAY: Retired Fonthill Public School teacher turns
Old Friends Reunion honours Marge Jenter



WAYNE CAMPBELL/Staff Photo

Barb Putman, left, shares a photo of the Fonthill Public School Grade 3-4 class of 1941 with its teacher Marge Jenter, who is on the right side of the photo, during the fourth Old Friends Reunion of longtime Fonthill residents. Saturday, Jenter celebrates her 95th birthday June 2. She was honoured at the reunion by former students and Fonthill residents.



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PelhamNEWS Staff

WAYNE CAMPBELL
PelhamNEWS Staff

PEWELHAM — In June when teachers retire they receive gifts from their students.

However on Saturday, May 29, Marge Jenter turned 95 years old longer than the 86 years she has taught, received a 95th birthday gift for some of the students she taught at Fonthill Public School.

Jenter, who's birthday is Friday, became queen of honour at the fourth Old Friends Reunion. It's a gathering of longtime and former Village of Fonthill residents held the last weekend in May at the Fonthill Lions Club.

Jenter, the former Marge McLean, grew up in Fonthill and except for three years she lived in Niagara Falls after she married a sailor returning from the Second World War - bas lived in Fonthill.

She said she still has a house on Emmett St. but now lives in the Ridge Retirement Community.

Jenter said started as a Grade 2 teacher in 36 years worked her way through to Grade 8.

"When I taught it was a good time for teachers," she said. "Now it's much more difficult."

see TEACHER | A2

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■ TEACHER

FROM PAGE A1

The level of respect has changed, she explained, both from the young people and the parents. Teaching had its challenges. She regularly taught classes of 35 students and sometimes they were as large as 50.

She remembers when Fonthill Public School was Fonthill's only school. A. K. Wigg came later and there were two schools.

"I went to high school in Welland and Normal School in Hamilton," she said. "Now we have a high school here and Brock University for education opportunities."

Jenter said she loved Fonthill Public and was disappointed to see it torn down.

For former students looking for photos, the Pelham Historical Society has them in its collection stored at the Pelham Public Library, she said.

What did she think of her former students who threw the party?

"They turned out very good."

What kind of teacher was she?

"She was great," said Barb Putman who shared a photo of Jenter's 1941 class of Grade 4-5 she was in. "You should put the names on the back," her teacher reminded her as they identified the students one by one.

wcampbell@wellandtribune.ca

upfront

■ TRAFFIC: Town staff taking suggestions

Fonthill parking problems require solutions

WAYNE CAMPBELL
Tribune Staff

PELHAM — Haist St., Church Hill and Pelham Town Square have something in common: parking problems.

Town staff are looking for ways to solve the problem, said planning director Craig Larmour at an open house at Pelham Town Hall Tuesday, arranged to give residents large aerial views of the areas so they could point out problems and possible solutions.

For the next couple of weeks, town staff will continue to take suggestions. A report for town council will include comments by residents, business people and property owners.

Janet Damude was one of a group of Haist St. N. residents at the open house who said they were annoyed by employees of businesses at Haist and Regional Rd. 20 who park on both sides of the road for long periods of time. "It's a real pain to try to get in and out of driveways and narrow the roadway," she said. One suggestion was to limit parking to one side of the street only.

Larmour said the region plans to rearrange the Haist and regional road intersection but there is no date set for when that will happen.

Meanwhile, a parking ban



WAYNE CAMPBELL/Tribune Photo

Haist St. N. resident Janet Damude points out a parking problem on the recently reconstructed street. When people park on both sides, it is difficult to get in and out of driveways.

for the first stretch of Haist St. north of Regional Rd. 20 is a possibility. Traffic turning

into the Tim Hortons drive-thru going around parked cars is a hazard, he said.

Residents and businesses on Church Hill are annoyed at drivers who abuse a two-

hour parking zone. They also say the drivers themselves tend to return when cars are parked on both sides of the street, creating hazardous conditions.

Speeding is a problem, said Vincent Galvin, who owns Saloon Lounge, who said posted speed limits can affect his business.

Enforcement services manager Keegan Gennings said Town Square has some small parking areas along the road such as beside the liquor store. When cars are parked there, they can block views of those pulling off of driveways.

During the summer-long Thursday market and night concert series, parking problems increase. Bylaw officers try to balance safety, he said.

The town has a mix of public and private business parking areas. Looking at co-ordinating them opens possibilities, said Larmour.

Representatives from two apartment buildings for seniors in the square plan to take suggestion forms back to residents in the buildings for their ideas.

Larmour said Tuesday's open house involved the three areas because they were ones that had received calls about recently.

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tempo

Parade opens Fenwick Lions carnival



WAYNE CAMPBELL Staff photo
Pelham firefighters go old school to reduce the heat on spectators during the annual Fenwick Lions Carnival parade in Fenwick last week. The parade opened the three day carnival.



Staff photo
The Fabulous Fenwick Lions put on a show in their Fenwick Lions Club Carnival parade that opened the three-day party last weekend.



WAYNE CAMPBELL Staff photo
The Bellerophon bugle marching band brings military music to the parade as they turn from Canboro Rd. onto Church St.



WAYNE CAMPBELL Staff photo
Children of Fenwick and Pelham found their place in the parade by decorating their bikes and other vehicles.



WAYNE CAMPBELL Staff photo
The T.L. Crossley Secondary School band marches along Church St. at the end of the Fenwick Lions Club Carnival parade to the cheers of friends and relatives as they roll up to Centennial Park for the start of the three-day party last Friday.

comment

Region sponsors 2010 prosperity projects

NPCA opens Jordan conservation area

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Ken Kanya

PUBLISHER, CRITICAL WRITER
 Wayne Campbell, owner

■ perspective



Wayne Campbell
EDITOR

Waiting to swing

If you have a toddler tyke or tween, you're probably watching for progress at your neighbourhood playground.

Over the past few weeks, crews have torn out playground equipment at nine parks from Harold Black and the Pelham Arena to Centennial Park in Fenwick and North Pelham's ball park. It was the start of a \$1-million replacement program financed by the province and federal government through stimulation funding.

The company with the contract to handle the project is shooting for Canada Day to get the new equipment in place. They are supposed to be ready for the kids when they are off for the summer. It's an admirable goal.

However, weather, equipment delivery delays and availability of workers can influence construction schedules. So, don't be surprised if a couple of parks come in during the summer holidays.

Yet, a push is on.

The new playground equipment was delivered to the Centennial Lions Club Carnival in Centennial Park last weekend. A crew from Artificial Grass and Landscaping of Stoney Creek telescoped a week of work into four days to have it ready. On Friday, they finished the padded grass-like turf while Crown Amusements threw up a midway around the playground.

The Centennial Park playground has a double set with a variety of monkey bars, swings and climbing structures. It also has exercise stations with stair stepper and sit-up tummy cruncher for mom, dad and gramps. They can get moving while they watch the kids climb and swing.

Equipment layouts for each of the other parks have been determined and depend on the size, use and condition of the grounds. While you're waiting to see what your park, a field trip to Centennial Park may be an idea. In fact, you could learn a lot by touring all the parks through the summer. It will give you additional insight into the communities that make up the Pelham.

Niagara Region invests \$1.5 million annually toward increasing prosperity for Niagara families living in poverty.

The Niagara Education Council (NEC) is the lead agency that sought out and reviewed Requests for Proposals for this year's funding.

A total of 74 proposals were received from 56 agencies in Niagara. The total requests were over \$4.9 million.



Brian Baty
REGIONAL COUNCILVIEW

A review committee was established with representatives from the community, service agencies, social planning, business and government.

The "neighbourhood mapping tool" was used to focus on the seven most needy

neighbourhoods in Niagara. This tool gathers data in seven categories that mirror the Ontario Poverty Reduction Strategy, Breaking the Cycle, which was released in December, 2008. The total includes 74 neighbourhoods in Niagara.

In June, 2009 funding was provided for 34 prosperity projects delivered by 20 agencies across Niagara. The services provided have made a difference in people's lives.

see BATY | A5

Benjamin Moore



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■ NEW PLAYGROUNDS



Staff photo

A new set of playground equipment received a good workout during the Fenwick Lions Club Carnival last weekend. It is one of the first parks finished among nine that will receive new equipment this spring.

For PelhamNEWS

The Niagara Peninsula Conservation Authority and Niagara Peninsula Conservation Foundation are excited to invite the public to join for the opening of the Jordan Harbour Conservation Area on Father's Day, June 20. This is a rain or shine event.

The gates will open at 9 a.m. and visitors will be able to re-discover this Niagara treasure both from a water and land perspective. A brief presentation will take place at 11 a.m. followed by a hot dog barbecue for all to enjoy.

Visitors are welcome to launch their own non-motorized watercraft and a number of community partners will be on hand to offer free activities including dragon boat rides. In addition a limited number of canoes will be available to rent.

Cleanup and marsh restoration to protect the ecological integrity of the site is ongoing and visitors are being asked to help out by picking up any debris that may be present in the watercourse while they are out on the water.

Now open to the public, the unique Twenty Mile watershed, and well known by locals and visitors alike as the former Campbell's Marina, this water body is a provincially significant wetland located along the south shore of Lake Ontario at Twenty Mile Creek.

The NPCA purchased the site from the Province of Ontario in 2005 and the Niagara Peninsula Conservation Foundation has made a commitment to assist the Authority by raising funds to revitalize the site as a visitor hub.

To date sufficient funds have been secured to commence with the project by making improvements to the access road and providing a dedicated parking and picnic.

The re-development project will move forward in phases as appropriate funding is secured.

A priority component of the restoration efforts is to make this passive recreation area accessible to visitors of all abilities. Once complete, visitors can explore the picturesque and extensive marsh habitat while discovering the wonders of the Jordan Harbour and Twenty Mile Creek.

We look forward to providing visitors a glimpse of the future plans for the area, including a walk trail, boardwalk, interpretive signage and a potential link to the Waterfront Trail.

This is a great family outing so be sure to mark your calendar for Sunday, June 20, and plan to make Father's Day, a memorable celebration.

BATY**FROM PAGE A4**

Services included bus passes, food vouchers, Good Food Box and community garden programs, back to school and winter clothing programs and summer and after school programs.

From September to October 2009 eleven community consultation sessions were held across Niagara with input from over 400 people on what was needed to improve the quality of life in their neighbourhoods.

Six themes emerged from these conversations:

transportation, income/employment, health/activities, shelter, education and service delivery. These six themes formed the approval criteria for the review of the 2010 proposals.

Seven neighbourhoods emerged where the majority of the proposals were focused. These neighbourhoods were selected in order to maximize neighbourhood impact and increase neighbourhood development.

The seven neighbourhoods are:

Three Bridges area in Port

Colborne, Eastdale/Condage area in Welland, Fort Erie, North, Drummond/Victoria area in Niagara Falls, Queenston/Haig area in St.Catharines, Old Weston Hill in St.Catharines and downtown Grimsby.

Agencies were provided information of the profile of a community developer who would guide the

projects in the seven neighbourhoods.

The goal for the community developer would be to educate, inspire, and engage neighbourhood residents and businesses in actions to help reduce and prevent poverty.

The general nature of their activities will be

to work with the local community, with relevant partners and agencies to assess needs, identify gaps and organize and launch neighbourhood based solutions to reduce and prevent poverty.

They also will assist with the empowerment of children, youth and families in each neighbourhood to

take responsibility for the consequences and mitigate the effects of low income and poverty.

These initiatives expand on the Region of Niagara motto Building Community ... Building Lives.

Brian Baty is a Niagara Regional Councillor for the Town of Pelham. brian.baty@niagararegion.ca

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Health Directions Oct/Nov 2006

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Hormonal health is one of the biggest factors in slowing the aging process. This is because hormones are instrumental in so many body functions. By bringing

hormone levels into hormonal balance, many people are amazed at how much better they feel overall. In my private practice as an herbalist, I often recommend a remedy that contains Eumoxima皂角子 and many more botanicals that have been used for centuries in Chinese medicine. It has been used to treat the shingles, aging process, Eumoxima improves the efficiency of hormone use, so that no hormone is wasted. This balance of hormones can be restored naturally. This balance of hormonal activity results in direct and indirect effects; better moods and energy, restored sexual function, decrease in depression, improved memory, increased sensitivity, and increased sense of well-being. The antioxidant nature of Eumoxima and many beans, means less stress on the liver which is where cholesterol problems are located. This helps to support the liver containing Eumoxima. Within 30 days, this woman called back to reoccur, saying that her mood had lifted, her energy had improved and she was sleeping better. She had several health problems and struggled but here she was, with a new man in her life, a younger one at that. As people age, they prescribe medicine more slowly, so I recommend this supplement to anyone containing Eumoxima. Within 30 days, this woman called back to reoccur, saying that her mood had lifted, her energy had improved and she was sleeping better. She had several health problems and struggled but here she was, with a new man in her life, a younger one at that. As people age, they prescribe medicine more slowly, so I recommend this supplement to anyone

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EMPLOYMENT: Demand for program increasing

Local schools thank co-op employers

WAYNE CAMPBELL
PelhamNews Staff

WELLAND - Tiffany Rensen had an interest in baking.

"I liked to do it," the Grade 12 Eastdale student said during an employer appreciation reception at MT Bellies

on last week.

However, she said it wasn't until she took the co-operative program offered at Eastdale that she was sure she had a future in it.

"It gave me the reassurance I needed," she told employers who accommodate high school co-op students in their

work places.

She worked at the Welland Bakery and entered Eastdale's culinary program.

A couple of weeks ago she brought home a bronze medal in a competition with 21 other high school bakers in the Ontario Technological Skills Competition in

Waterloo.

During her co-op experience she learned a lot and it helped her in the competition.

Rensen spent two years in the cooperative program. After she finishes at Eastdale she plans to take baking at Niagara College.

The appreciation night was for employers of co-op students from Eastdale, Welland Central Secondary School and Elm Crossley Secondary School.

More than 60 attend the reception, which is about half the local employers to assisting in the program.

Each year almost 400 students from the three schools earn a semester or two of experience workplaces across

Niagara.

They spend half of each school day with employers to see how offices, factories, hospitals, construction sites and other work places operate.

"Sometimes they find out what they like, sometimes what they don't like," said Anne Kramer, Eastdale's co-operative co-ordinator.

see CO-OP / A7

NOTICE OF PUBLIC INFORMATION CENTRE #4

Niagara to GTA Corridor Planning and Environmental Assessment Study Phase 1

The public is invited to attend the fourth round of Public Information Centres (PICs) to review and comment on the draft multi-model Transportation Development Strategy for the Niagara to GTA (NGTA) Corridor Planning and Environmental Assessment Study.

This will be drop-in style open house sessions to allow members of the public to review display material and discuss the study one-on-one with study team members. In addition, brief presentations will be provided each night at 5:30 p.m. and 7:30 p.m. for each study overview. PIC #4 will be held on June 17, 2010.

Tuesday, June 17, 2010

4:00 p.m. to 8:00 p.m.

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303 Morningstar Avenue

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Information to be presented at the PICs will be available on the study website beginning on June 17, 2010. Comments may also be submitted via the study website at: www.niagatogta.com.

THE STUDY

Phase 1 of the Planning and Environmental Assessment (EA) Study for the Niagara Corridor, initiated by the Ontario Ministry of Transportation (MTO), supports the transportation objectives of the provincial Growth Plan for the Greater Golden Horseshoe by providing for the efficient movement of people and goods within the corridor.

Phase 1 of this study has included the following key steps:

- develop a Study Plan (PIC #1);
- identify transportation problems and opportunities (PIC #2);
- identify and assess transportation alternatives that address the identified problems and opportunities (PIC #3); and
- select preferred transportation alternative(s) and recommend a multi-modal Transportation Development Strategy (PIC #4).

THE PROCESS

The Niagara to GTA Corridor Planning and EA study is being undertaken in accordance with the Ontario Environmental Assessment Act (EA Act) and the EA Terms of Reference, which was approved by the Minister of the Environment in June 2006.

COMMENTS

Comments and information regarding this study will be collected to assist the MTO. This material will be maintained on file for use during the project and may be included in project documentation to meet the requirements of the EA Act. Information collected will be used in accordance with the Freedom of Information and Protection of Privacy Act and the Access to Information Act. With the exception of personal information (e.g., name and address), all comments will become part of the public record.

For further information, or to be added to the mailing list for this study, please visit the study website or contact:

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Pelham News



WAYNE CAMPBELL, Pelham News Staff Photo
Eastdale Secondary School co-operative program co-ordinator Anne Kramer and Eastdale culinary teacher Roland Pouliot; join Grade 12 co-op education student Tiffany Rensen at an appreciation night for co-op employers at MT Bellies restaurant.

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■ CO-OP

Co-op program opens students to unexpected opportunities

FROM PAGE A6

She admits matching students and employers can present a challenge.

"Not all students want the personal and workplace lifestyles involved but also different levels of maturity among students," she said.

"Your students can range from at-risk students to highly academic ones," she said.

The program does work, however.

Over nine years she has seen co-op students go on to professions such as veterinarian as well as entering apprenticeships for numerous trades.

Some find employment with their co-op employers or other jobs through networking developed at the program.

"We're helping kids find jobs in Welland," Kramer said. "Sometimes it's who you know as much as what you know."

There is always a flux among available employers, she said.

In loss of manufacturing in the area, for example, he said, a shortage of places for students interested in welding and other manufacturing trades.

At the same time, new employers are offering to

take co-op students.

Typically, a student indicates an interest in a particular type of work and the co-ordinator finds an employer to match it.

Centennial co-ordinator Rob Motola said the program truly was a partnership between business and education.

From the employers, the students receive employable skills and have then get part-time jobs now and careers in the future, he said.

For the Welland co-op co-ordinators finding an employer usually involves searching the city and surrounding areas.

Crossley's co-ordinator Andrew Petryschuk has a different challenge. His students have to arrange for transportation.

The town has few large employers. Crossley students are placed in companies such as Welland, Port Colborne, Niagara Falls and in St. Catharines and Grimsby.

"We even had one in the Port Erie," he said.

One of the benefits of the co-op program is exposure to unexpected opportunities.

"Students go into the hospital with one idea and find out there are many types of jobs in the health system," Petryschuk said.

"They also find there are many crossover skills."

Kramer said the demand for co-op experiences is

increases. Part of it has to do with a new Special High School Major credit that requires a co-op component and can lead to apprenticeships and specialized jobs.

For Tiffeny Rensen, the experience helped her in many ways to appreciate the baker's lifestyle, she said.

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CARNIVAL: Pelham Cares receives \$600

Hudak wins third chili showdown

For PelhamNEWS

They're all even. Each local political leader now has his name on chili trophy bowl.

The weather was hot but the competition was even hotter at the Fenwick Lions Carnival on Saturday, where Tim Hudak, Ontario Progressive

Conservative Leader and Niagara West-Glanbrook MPP, competed against MP Dean Allison and Pelham Mayor Dave Augustyn, in the Third

Charity Chili Cook-Off benefitting Pelham Cares.

Those in attendance sampled the top-secret recipes of all three competitors for a



Staff photo

Pelham Mayor David Augustyn, Tim Hudak, MPP Niagara-West Glanbrook, Dean Allison, MP Niagara West-Glanbrook prepare to compete in the chili cook off at Centennial Park in Fenwick.

minimum donation of \$1 and then cast their ballot for their favourite chili.

to Pelham Cares, provides community services for those in need.

Kowalski and Mary Bannister, as they collected donations and handed out ballots to all in attendance.

"As champion, I will return to defend my title for the benefit of this great cause. Every year its Pulham Cares that is the real essence of this annual contest."

"Despite the sirloin and other ingredients donated by Foothill Farms, we again

Fonthill Sobey's, my recipe
wasn't enough to bring home

the trophy. However, since we raised \$600, the real winner was the clients of Pelham Cares!" said runner-up Mayor Dave Augustyn.

"Next year I'll enlist the help of Fenwick Flossie to perfect my recipe and take home the Golden Chili Bowl."

On hand from Pelham Cares was president Gail Hillyer who was joined by volunteers Catherine King, George Kowalski and Mary Balint, as they collected donations and handed out ballots to all in attendance.

The contest was one of the highlights of the annual Fenwick Lions Carnival in Centennial Park.

The carnival included a Friday parade, three days of midway, Fenwick Lioness penny and book sale, new car, motorcycle and farm equipment displays, Lions club food booth sales and ticket sales for Bikobeterfest.



■ MILITARY: Regiment deputy commander inspects cadets

Army Cadet Corps marches in review

WAYNE CAMPBELL
Pelham News Staff

Maj. Allan Stoyka, deputy commanding officer of the Lincoln and Welland Regiment, reviewed officer 613 Lincoln and Welland Regiment Royal Canadian Army Cadet Corps at Pelham Saturday.

The annual ceremonial review and inspection was a highlight of the year for the cadets, said commanding officer Capt. Leo Giovenazzo.

The review included a demonstration of marching skills as well as addresses by the reviewing officer and local political and community leaders.

Stoyka has served in the Lincoln and Welland since 1993 and was promoted to major in 2008. He works at General Motors in St. Catharines and lives in Niagara Falls. He marched with him the regimental band, which played for cadets and the public during the review ceremony.

Giovenazzo announced the winners of awards for



WAYNE CAMPBELL Staff Photo
Maj. Allan Stoyka, reviewing officer, and Warrant Officer Stewart of the Lincoln and Welland Regiment.

outstanding achievement including junior outstanding cadet Cpl. M. Woods and non-standing senior cadets WO R. Fennema and CWO K. Pierce.

WO A. Waszkawich was named 613 cadet of the year and received the medal of excellence.

The inspection will include live displays of cadet activities through the year.

Static displays were shown following this parade at Branch 613 Royal Canadian Legion.

They outlined proj-

ects the cadets have done over the year, he said.

Branch 613 is the only one to take its number from the Branch 613. The Fonthill legion branch was involved in the corps' founding in 1977 and provides it with a headquarters in its building.

The corps has links with 1610 Army Cadet Corps which operated out of Pelham High School in Fenwick.

The army cadets are affiliated with the Lincoln and Welland Regiment, a reserve unit serving the Niagara



WAYNE CAMPBELL Staff Photo
Maj. Allan Stoyka, deputy commanding officer of the Lincoln and Welland Regiment, served as the reviewing officer Saturday afternoon at the Pelham Arena.

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■ DRAMA: Pelham students take home prizes

Crossley struts its stuff at Cappies

MATTHEW VAN DONGEN
QMI Agency

The evening kicked off with a racy Cabaret musical number that left actress Alanna Kit out of breath.

From that moment on, the Cappies would only get louder and prouder.

"It's been a great time for us, so it's a pretty big deal," said Kit over the swelling applause that never stopped echoing through the auditorium of St. Catharines Collegiate last week.

"It's just a great feeling, being up on stage together like that," said Grade 11 Ridley College student, who scored an award for best lead actress in a musical for her flamboyant portrayal of the master of ceremonies in *Gabriel*. "For young people, it really brings up your spirits about drama, which is fantastic."

Students from seven Niagara high schools vied for awards in all areas of theatre production, including categories for costume, makeup artists, actors and critics.

More than 800 students, relatives and teachers roared their approval every step of the way through the event, which featured short performances of several plays and musicals.

Each winner was invited up on stage to receive a trophy and address the enthusiastic crowd.

E.L. Crossley drama teacher Jennifer Benson said her crew was delighted with the awards they made in a number of categories tied to its musical *Urinetown: The Musical*.

The Pelham school did have as large a number of entries as other schools but didn't win, she said.

"We can't wait for the excitement," said a grinning John Sweeney, who chaired the committee responsible for organizing the second annual Cappies program. "It's a great night ... for high school students in the whole of Niagara."

The Cappies were designed to train high school students to be theatre critics. Young reviews attended student plays, wrote reviews on deadline and vied to have

their best work published in *The Standard*, Niagara's only newspaper. Ontario to the region after Ottawa to adopt the program, Sweeney added.

The program has also allowed each participating school to share its theatrical talent, said Heidi Whitmell, who took home a trophy for best featured actress in a musical.

"It's such a great opportunity for students to be recognized for their abilities, to give students a chance to showcase what they've accomplished all year," said Whitmell, a Secondary School student who played Fantine in *Les Misérables*.

"I'm amazed at how well our production this night is... it feels really special."

The musicals featured several "big, splashy musical numbers" to pump up the crowd, said program director Genda Klassen.

"It's a real showcase feel ... and they (the students) deserve it," said Klassen.

"The Cappies are really the Cappies in the community. Teachers are already asking me about it for next year."

Many of the school performances received rave reviews — but so do the reviewers.

"I think the students love it," said one big fan. "I think that it's an authentic experience for the kids who are doing the writing," she said.

"They're working under real journalistic deadlines — and some of them learned through trial and error how to make that decision and there is just an incredible sense of pride when they get it done."

The glitz awards gala leaves everyone with a sense of accomplishment, Klassen added.

"We're recognizing the cast, the crews for lighting and sound, the writers — all the people who are interested in the theatre arts, but not necessarily an actor," she said. "We're bringing all aspects of theatre together."

matthewvandongen@stcahrnqstandard.ca

SEE WINNERS | A12

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SEE WINNERS | A12

■ WINNERS

Winners of this year's Cappies

FROM PAGE A11

SOUND

Gregorio Acuña, Ridley College,
Cabaret

LOVING

Allie Chirico, Welland Centennial Secondary School, Les Misérables (School Edition)

SETS

Ms. Birn's & Mr. Staples' Stage Design Classes, Laura Secord Secondary School, How to Succeed in Business without Really Trying

COSTUMES

Brianna Copland, Eden High School, Terror by Gaslight

MAKEUP

Crossley Male Up Crew, E.L. Crossley Secondary School, Urinetown

PROP/EFFECTS

Emily Dyck, Eden High School, Terror by Gaslight

STAGE CREW

Sara Allison, Hannah Fuoco, Carlton Midgley, Devin Lundy, Welland Centennial Secondary School, Les Misérables (School

Edition)**ORCHESTRA**

Urinetown Pit Band, E.L. Crossley Secondary School, Urinetown

BIODRUGOGRAPHY

Mr. Ulrich, E.L. Crossley

CREATIVITY

Mr. Frost's Senior Class,

PHOTOGRAPHY

Photography, Beamsville District

ENSEMBLE IN A PLAY

Mr. Ulrich, E.L. Crossley

SECONDARY SCHOOL, LOVE HURTS

Secondary School, Love Hurts

ENSEMBLE IN A MUSICAL

The Executives, Laura Secord Secondary School, How to Succeed in Business without Really Trying

FEATURED ACTOR IN A PLAY

Mr. Ulrich, E.L. Crossley

FEARLESS KID IN A PLAY

Terror by Gaslight

FEATURED ACTOR IN A MUSICAL

Michael Mansuris, Denis Morris High School, Play On!

FEATURED ACTRESS IN A MUSICAL

Heidi Whittall, Welland Centennial Secondary School, Les Misérables (School Edition)

FEATURED ACTOR IN A MUSICAL

Ron Gonzales, Laura Secord Secondary School, How to Succeed in Business without Really Trying

FEMALE DANCER

Alexis Kennedy, Ridley College, Cabaret

FEMALE VOCALIST

Hillary Nowell, Laura Secord Secondary School, How to Succeed in Business without Really Trying

MALE VOCALISTS

Jamie Kies, Welland Centennial Secondary School, Les Misérables (School Edition)

COMIC ACTRESS IN A PLAY

Natalie Gosselin, Eden High School, Play On!

COMIC ACTOR IN A PLAY

Jordan DeYoung, Eden High School, Terror by Gaslight

COMIC ACTRESS IN A MUSICAL

Stephanie Symanski, Laura Secord Secondary School, How to Succeed in Business without Really Trying

COMIC ACTOR IN A MUSICAL

Stuart Black, E.L. Crossley Secondary School, Urinetown

SUPPORTING ACTRESS IN A PLAY

Brianna Lidstone, Denis Morris High School, Play On!

SUPPORTING ACTOR IN A PLAY

Kristian Hansen, Beamsville District Secondary School, Love Hurts

■ KIWANIS



Welland Kiwanis president Heather Horton and treasurer David Irwin join Jennifer Bennett, Pelham Public Library's children's services coordinator, in an exercise program with kindergarten teacher Mrs. Parikh's class. The Green Power Singers, a Kiwanis club helped the library through its Book-a-thon to purchase bags and books. Bennett hands them out to children as part of the library's Fitness and Nutrition program in schools. She goes into classes to read stories about exercise and introduce children to using the library to get information. Books in the bag are about exercise and nutrition. Welland Kiwanis raises money for children's programs through its televised bingo.

Hurts**SUPPORTING ACTRESS IN A MUSICAL**

Courtney McInerney, E.L. Crossley Secondary School, Urinetown

SUPPORTING ACTOR IN A MUSICAL

Michael Naundorf, E.L. Crossley Secondary School, Urinetown

LEAD ACTRESS IN A PLAY

Cala DiPietro, Denis Morris High School, Play On!

LEAD ACTOR IN A PLAY

Patrick Fowler, Denis Morris High

School, Play On!**LEAD ACTRESS IN A MUSICAL**

Alannah Kit, Ridley College, Cabaret

LEAD ACTOR IN A MUSICAL

Kurt Dunn, Laura Secord Secondary School, How to Succeed in Business without Really Trying

SONG

Circle Break, Laura Secord Secondary School, How to Succeed in Business without Really Trying

PLAY

Play On!, Denis Morris High

School**MUSIC**

How to Succeed in Business without Really Trying, Laura Secord Secondary School

TOP CRITIC

Kacie Cruise, Welland Centennial Secondary School

SECOND CRUISE

Katie Klassen, Eden High School

TOP HIGH SCHOOL TEAM

Edgar High School

Katie Klassen - Lead Critic

Katherine Castillo, Welland Klassen

Rish Vriens, Brianna Wiers

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What is the importance of healthy eating for denture wearers?

The relation between significant tooth loss and the ability to chew fresh fruits, vegetables and meats, has a great impact on the nutritional value of one's diet. Toothless or partially edentulous individuals are at a higher risk of malnutrition. Edentulous individuals with poor nutrition intake may be at higher risk for a variety of diseases. For example those who consume little vitamin A are at a higher risk for various forms of cancer, heart disease and rheumatoid arthritis. Similarly the dietary deficiencies of vitamin E are associated with various cancers, heart and Parkinson's Disease and low vitamin C and thiamine levels lead to a reduced immune system function, cardiovascular disease, hypertension and nausea, constipation as well as appetite and weight loss. Another ill effect of a low nutrient diet is a loss of muscle mass and strength caused by inadequate intake of protein, which could further increase frailty. An increased intake of fat and cholesterol observed in toothless patients have been associated with obesity, diabetes mellitus, as well as arteriosclerosis.

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To switch to a more balanced diet may be as easy as having well fitted dentures, that allow for improved chewing and grinding function. The ability to better chew fruits, vegetables, meats and nuts will increase your nutrient intake and may decrease your risk of various disease. For more information see your Denturist.

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FUNDRAISER: Jumpstart attracts young participants

Professional players help stars of future get a start

WAYNE CAMPBELL
PelhamNews Staff

WELLAND - About 60 kids crossed sticks with professional hockey players to help other kids play.

Six local professional hockey and lacrosse players volunteered to play ball hockey during Canadian Tire's Jumpstart Day Saturday. The five-year-old program raises money to help low-income families pay sports fees.

The Welland store sold out all positions for the series of five minute games with the professionals. It was twice the turn-out last year.

"Last year we had the second highest fund raiser in the company," said store franchisee Owen Billes. "And all the money raised here stays in the area."

Welland raised \$14,000, which was distributed locally through The Hope Centre. The centre takes an assessee applications for assistance, he said.

"We have a good team of volunteers in the store and it shows," Billes said. Last year 10 local children received help.

Jumpstart tapped into a wealth of local sports professional talent to help.

Toronto Maple Leaf Andrew Desveaux, Buffalo Sabre Matt Ellis, New York Rangers Dan Girardi, Toronto Rock lacrosse star Mike Homunuck started out the games while Tampa Bay Lightning's Zenon Konopka and Detroit Red



WAYNE CAMPBELL Staff Photo

Garrett and Tyler Jackson and Nicholas Hostetter of Fonthill pose for photo with Matt Ellis of the Buffalo Sabres at Canadian Tire's Jumpstart Day at the Welland Canadian Tire store Saturday.

help out.

Ellis, who had his three-year-old son Haeden covering his back in the games, said the Jumpstart program

helps young players by evening things out for those who don't have the money.

Between games the players signed hats, shirts and

autograph books. They posed for pictures and chatted with young people and their almost equally star-struck parents.

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Jean Geyer asked the players to sign a scrap book to go along side photos of them.

"It's kind of a hobby," she said.

"I started doing it back in 1992 for my kids and now I do it as a souvenir for my eight grandchildren," she said of her scrapbooks of famous people.

The young players, who paid \$5 for a five-minute game, enjoyed the experience.

"It was fun," said Dylan Carver, 12. "Those guys were big."

The lacrosse player with the Welland Raiders enjoyed playing against a bunch of the Toronto Rock.

The professionals players donated signed jerseys for a draw to draw more funds to jumpstart.

Ball Hockey International, which provide a net, court and equipment for skills competition, also donated 10 memberships to jumpstart.

Meanwhile, Canadian Tire was \$2 for every customer purchase made at a Canadian Tire store on Saturday to jumpstart.

Since 2005, Canadian Tire Jumpstart has helped more than 250,000 kids participate in organized physical activity.

ucampbell@wellandtribune.ca

sports

■ TRACK: Regionals saw 29 compete from Pelham



Supplied Photo

E.L. Crossley Secondary School athletes show off the hardware of after winning SOSSA. Front Row from left: Courtney Bennett, Matt Kohli, Naomi Flagg, Alyson Bylsma and Nathalie Belanger. Kneeling Row from left: Meghan Gutierrez, Sarah Andrews, Becky Morris, Karley Rempel, Katie Kalchman, Nick Rizzo, Jordan Ingraham, and Maria Gearing. Back Row from left: Alison Stark, Jillian Young, Alannah MacDonald, Taylor Zavitz, Dylan Rossi, Melissa Kohli, Hilary Reid, Mitchell DelleMonache, Phil Hering, Keaton Myers, Jesse Ruggys, Dylan Brennan, Andrew Scotland, Mitchell Deba, Alex DelleMonache, Hayden Paterson, Emily Gearing, Kristen Daley, Kristen Johnson and Ian Whitehall.

Crossley well represented at OFSSA

For Pelham NEWS

Crossley Track & Field is on the road to OFSSA.

The Crossley Track and Field team have 14 athletes moving on to the Ontario Federation Secondary Athlete Association in London from June 3rd - 5th, 2010.

The school had 29 athletes at Regionals on May 27 and 28.

They had an outstanding showing of being in the top 8.

The following athletes had to place fourth in their events at Regionals to move on to OFSSA, they were:

- Dylan Brennan in senior boys 400m,

- Alison Stark in senior girls pole vault,

- Karley Rempel in senior girls 1500m, and

- Katie Kalchman in senior girls 4x100m and open girls 4x400m.

- Hilary Reid in senior girls 4x100m and open girls 4x400m.

- Emma Suicik in senior

girls high jump, 100m hurdles and 4x100m.

- Maria Gearing in senior girls 300m hurdles and 4x100m,

- Alannah MacDonald in junior girls 400m, 800m and

- Open Girls 4x400m,

- Taylor Zavitz in junior girls 300m hurdles,

- Jordan Ingraham in midget boys long jump,

- Alex DelleMonache in midget boys 3000m,

- Courtney Bennett in midget girls 300m hurdles and open girls 4x400m,

• Maria Gearing in midget girls 300m Hurdles, and Naomi Flagg in midget girls javelin,

- Emily Gearing, Jillian Young and Karley Rempel also helped the relays.

■ SOCCER: U13 boys grab win

Panthers defeat Roma

For PelhamNEWS

Tristan Lewis and Michael McGowen each scored to lead the Pelham Country Counter Deli Panthers to the win over

Roma 2-1 in U13 Boys play in Niagara Youth Soccer League soccer.

Kyle Fasan anchored the defense while Danny Gearing controlled the middle senders.



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■ BASEBALL

Midgets pick up first win

For PelhamNEWS

The Pelham Midget Baseball team, sponsored by Star Tile Centre, picked up its first win of the season on Saturday night in St. Catharines.

Oustanding pitching performances by Greg Lipinski and Chris Kershaw allowed the Pelham team to take a 3-2 victory in the game.

Greg struck out 8 of the 9 batters he faced to start the game, allowing only 2 hits, and Chris allowed 3 hits, then struck out the final 10 batters in a row to clinch the victory.

Greg and Chris along with Mitch Deba, scored the run for Pelham, while Donald MacArthur and Cole Van Alstine getting RBIs.

The PMLBA Timbits T-Ball program is just getting the season started at the new baseball diamond at North Pelham Park, and the first game will be coming soon.

The Pelham Mosquito Bears opened their season at home against the Welland Phillies. Maisie Vaughan, with two singles for the game, ended up scoring the Bear's first run for the season 0 in the 4th inning with the RBI going to Gracie Farkas on Wednesday May 26.

Also contributing to the offensive barrage were Shaela Freud, Noah Hulsman, Ayrton Ashick, Ben Dalzell, and Laylyn Bening with a single each.

Ryan Moffatt was showing some of last season's prowess with 2 singles along with rookie Shalyn Brisson.

The power hitter of the Bear's was Jamie Flit with a perfect record of three for three. Scottie Fidling shown by the infielk was unable to stop the Red tide. With the first game out of the way the Bears look forward to a fun filled season of baseball.

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■ CONCERT: Pleasantview plans more events

Memorial gardens hosts community concert

For PelhamNEWS

Residents of Pelham and surrounding communities enjoyed a 90-minute community concert with Glissandi on May 16.

Pleasantview Memorial Gardens, on Highway 20 near Highway 406, sponsored its first community concert was held at the Chapel.

The audience appreciated the fine sound in the Chapel and the beautiful grounds.

Glissandi, featuring Fonthill's own Deborah Braun and husband David Braun, playing the violin performed a range of beautiful concert pieces by different composers.

Concertgoers provided two hamper of non-perishable food items for Pelham Cars.

Buoyed by the positive comments and enthusiasm of concertgoers, Pleasantview is already planning future community concerts.



Supplied Photo
Fonthill's Deborah Braun on harp and David Braun on violin perform as Glissandi during a concert in the chapel of Pleasantview Memorial Gardens. It's the first community concert for Hwy 406.

How to choose an investment advisor



Larry J. Gallant
FINANCIAL VIEW
ADVERTORIAL

Many people know of someone who has had a less than favourable experience when investing with the assistance of an investment advisor. I've worked for one of the country's largest banks, a large U.S. based full service brokerage firm and now as an independent investment advisor with the highly regarded Canadian Financial Services firm of Queensbury Securities Inc. in Fonthill. Over the years, I've been surprised by the amount of people who are unsatisfied with their investment advisor. This is not because of poor performance, but because of poor service.

Who needs an investment advisor? A wide range of people. Simply put, the best time to invest in the market is when you have money available to invest. People who have investible funds, coupled with the desire to have a sound financial plan in place, often seek out the services of an investment advisor.

Secondly, people who are inexperienced in managing their money in the markets. Many people try to invest on their own through discount brokerage accounts on line. While some succeed, many do not. Investment advisors have to complete a number of courses to become licensed. These include the Canadian Securities Course (CSC), the Investment Protection Fund (IPF) and the Wealth Management Essentials Course (WME), as well as ongoing continuing education. Without these courses, it is illegal for them to trade on the market.

Thirdly, people who do not have the time or resources to manage their portfolio or who are looking for a second opinion. They will benefit greatly by partnering with the advice of a qualified investment advisor who can make investment recommendations based on the investor's goals and risk tolerance; together, investment decisions can be made.

Obviously, the more comfortable you are with your advisor, the greater the potential for success. This comfort is based on a number of aspects in the client-advisor relationship including mutual respect, knowledge sharing, dedication, investment choices and trust. All these aspects

reflect the quality of service. Finding the best investment advisor to meet your needs involves a little work on your part. You need to know a few things about them.

"The more comfortable you are with your advisor, the greater the potential for success."

First, what are their qualifications? Investment advisors should have the Wealth Management Essentials certificate. This is the most difficult course advisors are required to take and without it they cannot trade on the market. Often a firm will hire advisors without this certificate so long as they can't trade on the market. What does this mean? I have known advisors who have been unable to pass the WME after three attempts and their clients were split up among several other advisors within the firm. So, before trusting an advisor with your money, make sure they are fully qualified.

Second, how long have they been an investment advisor? Most likely, you would want someone who has been in the industry for at least three years. Unfortunately, many advisors who are just starting out do not have much market experience.

Third, do they have quotes set by their firm that are specific to their clients? Good investment advisors should keep your best interests at the forefront of all investment recommendations. You want to ensure that they aren't subjected to outside pressures which could cloud their judgment.

As stated earlier, I have met my share of people who have relatively short stints of poor service in the investment industry. I have been involved over 28 years experience in the financial services industry, and an award winning track record for outstanding customer service, I'm dedicated to changing some of the negative perceptions about the industry in which I work. There are excellent advisors out there, but it is important to be diligent in your search to find fit for you and your family.

To discuss this article or to arrange a free, no obligation review of your portfolio, please contact me at larry.gallant@queensbury.com or by calling 905-892-2100.

Larry J. Gallant is an independent investment advisor with Queensbury Securities Inc., a member of the Canadian Investment Protection Fund and the Investment Industry Regulatory Organization of Canada.



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